

Ukuvuselelwa kanye ne-Long COVID



Kuyini ukuvuselelwa?

Ukuvuselelwa kuchazwa njengeqoqo lezindlela zokungenelela ukwenyusa izinga lokusebenza imisebenzini yansuku zonke, ukuxhasa abantu ukuthi balulame noma balungise, bafeze Amandla okubamba iqhaza abo aphelele, futhi bakwazi ukubamba iqhaza kwezemfundo, emsebenzini, kwezokungcebeleka nakwindima yokuphila enenjongo.



Ukuvuseleleka okuphephile futhi okusebenzayo kuyingxenye ebalulekile yokululama.

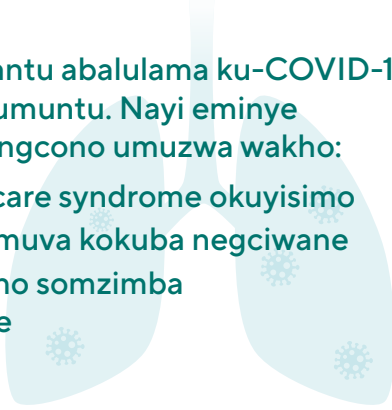
Ukuvuseleleka kwiLong-COVID kumele kubhekiswe kumuntu ngamunye, ngokuya ngezimpawu zabo zokugula, izinhloso kanye nalokho akuncamelayo.



I-World Health Organisation incoma ukuthi ukuvuseleleka kwiLong COVID kumele kufake phakathi ukufundisa abantu ngokuqala kabusha imisebenzi yansuku zonke ngendlela yasekuqaleni efanele, ngejubane elifanele eliphephile futhi elilawulekayo kumazinga wamandla, ngaphakathi kwemikhawulo yezimpawu zamanje, futhi ukuzikhandla akufanele kuphoqelwe kuze kufike ezingeni lokukhathala noma ukwanda kakhulu kwezimpawu zokugula.

Ukuluvuseleleka kwabantu abalulama ku-COVID-19 kuhlukile kuwo wonke umuntu. Nayi eminye imigomo engachaza kangcono umuzwa wakho:

- i-post-intensive care syndrome okuyisimo
- ukukhathala ngemuva kokuba negciwane
- ukulimala kwesitho somzimba ngokungelapheke
- iLong COVID



Akukhathaleki ukuthi unaziphi izimpawu, udokotela wezokwelashwa kwamalunga omzimba (physiotherapist) wakho uzokuphatha njengomuntu futhi ukuze ayazi imbangela yalokho ngaphambi kokuqala ukwelashwa.

Izindlela ezisebenzayo zokungenelela ekuvuseleleni ukuxhasa ukuzilawula kwezimpawu kungafaka:

- ukuyaluzwa ngemisebenzi
- ukuqapha izinga lokushaya kwenhliziyo

Ukuze uhlangabezane kahle nezidingo zakho, udokotela wezokwelashwa kwamalunga omzimba (physiotherapist) uzosebenzisana nabanye ochwepheshe bezempilo njengengxenye yohlelo lwakho lokuhlola noku-vuselela. Ukuhlolwa okuhlukahlukeni kungenziwa ukuqonda nokuthola imbangela yezimpawu ezinjengalezi:



ukuphefumula ngokunciphile



ukuzizwa sengathi uzoquleka noma ukuquleka



ubuhlungu besifuba



isiyezi



ukushaya ngokushesha kwenhliziyo



ukwehla kwezinga lomoya wokuphefumula (oxygen)



ukukhathala



Isiyalo sokuzivocavoca kwi-Long COVID kufanele sisebenziswe ngokunakekela ukunciphisa ubungozi nokuqinisekisa ukuthi izinhlelo zokuzivocavoca zinokubuyisela futhi azenzi izimpawu zomuntu zibe zimbi kakhulu. Ukuvuselelwa kufanele kuhlose ukuvimbela ukwehla ngamandla kwezinga lomoya wokuphefumula i-oxygen. Uchwepheshe kadokotela wezokwelashwa kwamalunga omzimba (physiotherapist) kwezokuphefumula angasiza lapho kunezimpawu zokuphazamiseka kokuphefumula Kanye nokuphazamiseka kwendlela ejwayelekile yokuphefumula. **Ukwelashwa ngokuvivinywa komzimba okukaliwe akufanele kusetshenziswe, ikakhulukazi lapho kukhona ukwanda kwezimpawu zokugula eziqhubeka ngamandla.**